

What is yoga?



Here's what our students are saying:

"I was angry when I came in and now I feel calmer."

"This class is the best part of my week."

"Great class. I just had too many injuries from active duty. Yoga is definitely helping, but slowly."

Veterans must be referred by their Primary care team but ongoing classes are available on a drop-in basis.

- Refer to "WRIISC Yoga Wellness" for classes at Palo Alto and Menlo Park
- Refer to "Yoga Wellness Telehealth" for classes at the CBOCs

For more information, contact Louise Mahoney: 650-849-0407
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Yoga is a practice that incorporates movement, breathing, and meditation. It gently restores health to the body and peace to the mind.

When practiced regularly, yoga can ease pain, reduce stress, increase strength and flexibility, help you cope with anxiety and depression, and help you live with greater calm and sense of well-being.

Yoga is accessible to anyone. As we like to say, if you can breathe, you can do yoga!



Defining
EXCELLENCE
in the 21st Century